

extraordinary journey ahead. Sometimes overlooked, but very important, is the support that women experience by being in a group with other pregnant women. All of these yogic tools can help women give birth with less pain, less strain, and less fear. Yoga helps women to feel fit and strong, confident and well prepared as they enter this phase of their life. Please bring 2 pillows to class.

Calavera Hills Community Center: Activity Room

Instructor: Liza Janda

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30626	11:15am-12:30pm	Sa	Sep 16-Oct 21	6c	\$60/\$70
30627	11:15am-12:30pm	Sa	Nov 4-Dec 9	6c	\$60/\$70

Yoga Plus

Yoga Plus is a combination of Yoga and Pilates. This is an active Yoga class which offers a balance between strength, flexibility and relaxation. Each session includes Yoga asanas (postures) that are sequenced to provide a contemporary, anatomically sound, approach to traditional Yoga practice, plus a selection of Pilates matwork exercises, designed to improve spinal stability, posture, and abdominal strength. Both Yoga and Pilates are mind/body exercise systems that emphasize the importance of breathing. You will find that this class leaves you feeling strong, yet relaxed – more focused and better able to manage stress. No previous Yoga or Pilates experience is necessary.

Senior Center: Auditorium

Instructor: Sally Pawoll

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30306	6:00-7:00pm	M	Sep 11-25	3c	\$15/\$25
30307	6:00-7:00pm	M	Oct 2-30	4c	\$20/\$30
30308	6:00-7:00pm	M	Nov 6-27	4c	\$20/\$30
30309	6:00-7:00pm	M	Dec 4-18	3c	\$15/\$25
30310	6:00-7:00pm	W	Sep 6-27	4c	\$20/\$30
30311	6:00-7:00pm	W	Oct 4-25	4c	\$20/\$30
30312	6:00-7:00pm	W	Nov 1-29	5c	\$25/\$35
30313	6:00-7:00pm	W	Dec 6-27	4c	\$20/\$30

Activities and classes with ♥ offer a health and wellness benefit to the participant. See page 30 for more information.

MARTIAL ARTS



To read more about our Martial Arts classes, please view our detailed descriptions on-line at www.CarlsbadConnect.org.

Karate-JKA Shotokan ♥

Adult

Introduces adult students to the physical and psychological benefits of an authentic martial-art training environment. Participants learn basic karate techniques and concepts for self defense that build strength, coordination and flexibility. Special emphasis is placed on increasing physical, mental and emotional endurance as students improve their self-discipline and confidence, along with developing strategies to reduce stress and deal with conflict.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30017	6:00-7:00pm	W: R	Sep 6-Oct 28	16c	\$78/\$88
	11:00am-12:15pm	Sa: A			
30018	6:00-7:00pm	W: R	Nov 1-Dec 30	18c	\$78/\$88
	11:00am-12:15pm	Sa: A			

Adult Advanced

Students work towards developing their mastery of the basic techniques, while continuing to learn a more sophisticated range of techniques, forms, and principles. Our unique social skills focus includes: etiquette, social awareness, risk assessment, verbal and nonverbal communication strategies and the effective use of body language.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30019	4:45-5:55pm	M: A	Sep 6-Oct 30	23c	\$92/\$102
	5:30-7:00pm	W: R			
	10:00am-12:15pm	Sa: A			
30020	4:45-5:55pm	M: A	Nov 1-Dec 30	25c	\$92/\$102
	5:30-7:00pm	W: R			
	10:00am-12:15pm	Sa: A			

Youth Beginning

Introduces students to basic karate techniques and forms for self defense that build strength, coordination and flexibility. Special emphasis is placed on providing tools for developing self discipline and confidence, along with skills for dealing with peer pressure, conflict and bullying. Children younger than 7 may be able to register with instructor approval only.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis

Age: 7Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30021	4:00-5:00pm	M: A	Sep 9-Oct 28	14c	\$78/\$88
	8:30-9:30am	Sa: R			
30022	4:00-5:00pm	M: A	Nov 4-Dec 30	16c	\$78/\$88
	8:30-9:30am	Sa: R			

Youth Intermediate

Develops a mastery of the basic techniques, while introducing more advanced ideas and techniques for sparring and self defense. More intense training allows students to increase their physical, mental and emotional endurance.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis

Age: 7Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30023	4:00-5:30pm	W: R	Sep 6-Oct 28	16c	\$78/\$88
	10:00-11:00am	Sa: A			
30024	4:00-5:30pm	W: R	Nov 1-Dec 30	18c	\$78/\$88
	10:00-11:00am	Sa: A			

Youth Advanced

Students continue learning a more complex range of techniques and forms as they continue to master fundamental principles.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis

Age: 7Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30025	4:45-5:55pm	M: A	Sep 6-Oct 30	23c	\$92/\$102
	4:30-6:00pm	W: R			
	9:30-11:00am	Sa: A			
30026	4:45-5:55pm	M: A	Nov 1-Dec 30	25c	\$92/\$102
	4:30-6:00pm	W: R			
	9:30-11:00am	Sa: A			

Karate-Shotokan ♥

Adult Beginning-Advanced

Beginning students are introduced to training in an authentic martial arts environment as they learn basic karate techniques and forms. As participants progress in skills, knowledge and conditioning, they work towards mastery of the techniques while learning more advanced forms, sparring and self-defense techniques. Students are periodically given the opportunity to demonstrate increasing proficiency in order to earn more advanced belts and ranks.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30027	8:00-9:15pm	M/W	Sep 6-Oct 30	23c	\$69/\$79
	11:00am-12:25pm	Sa			
30028	8:00-9:15pm	M/W	Nov 1-Dec 16	20c	\$69/\$79
	11:00am-12:25pm	Sa			

Youth Beginning-Advanced

Classes promote the development of fitness, self-confidence, self-discipline, artistic expression and respect, in a structured, disciplined, fun, challenging and mutually respectful environment. Beginning students are introduced to dojo etiquette and basic karate techniques and forms, while advanced students work towards mastery of sparring and self-defense techniques.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 6Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30029	6:45-8:00pm	M/W	Sep 6-Oct 30	23c	\$69/\$79
	9:45-11:00am	Sa			
30030	6:45-8:00pm	M/W	Nov 1-Dec 16	20c	\$69/\$79
	9:45-11:00am	Sa			

Kendo

(Japanese Swordsmanship) ♥

Beginning

Kendo is one of the oldest of all Japanese Martial Arts. In ancient times, the way of the sword was the best way to stay alive. Today, Kendo is very much alive as a way of staying in shape, both physically and mentally. Through learning the techniques of how to eliminate one's opponents in the swiftest fashion, a student learns self-confidence and discipline.

Harding Community Center: Recreation Hall

Instructor: Ted Mason

Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30031	3:00-4:30pm	Su	Sep 3-Oct 29	9c	\$30/\$40
30032	3:00-4:30pm	Su	Nov 5-Dec 31	8c	\$30/\$40

Advanced

Experienced students wearing armor will pair up and practice attack and defense techniques using a shinai.

Harding Community Center: Recreation Hall

Instructor: Ted Mason

Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30033	4:30-5:30pm	Su	Sep 3-Oct 29	9c	\$30/\$40
30034	4:30-5:30pm	Su	Nov 5-Dec 31	8c	\$30/\$40

Soo Bahk Do Karate ♥

Beginning

Soo Bahk Do is a Martial Art practiced as a form of self-defense. Through the practice of Soo Bahk Do one may achieve a high degree of mental, spiritual and physical well being. Soo Bahk Do, a systematic form of exercise which has been in existence for centuries, develops muscle conditioning, coordination, discipline, self control, confidence and self respect.

Calavera Hills Community Center: Activity Room

Instructor: Ted Mason

Age: 7Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30035	6:30-7:30pm	Th	Sep 7-Oct 26	8c	\$30/\$40
30036	6:30-7:30pm	Th	Nov 2-Dec 28	8c	\$30/\$40

Intermediate

Students that are able to perform the basic techniques that were taught in the beginning class, are taught more advanced methods.

Calavera Hills Community Center: Activity Room

Instructor: Ted Mason

Age: 7Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30037	7:30-8:30pm	Th	Sep 7-Oct 26	8c	\$30/\$40
30038	7:30-8:30pm	Th	Nov 2-Dec 28	8c	\$30/\$40

Many of our classes have
detailed class descriptions
available on-line. To read more,
please go to CarlsbadConnect:
www.CarlsbadConnect.org.

PERFORMING ARTS

Guitar

Blues & Improv

This class is for students who are comfortable with the open chords C, A, G, E and D. Using these forms, students will learn to move harmonies up the neck. Improvisation using pentatonic scales will be discussed and practiced while learning 4 to 5 well known songs. This class is designed for fun.

Magee Park: Heritage Hall

Instructor: Jack Brooks

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30011	7:30-9:00pm	Tu	Sep 12-Oct 17	6c	\$40/\$50

Stagecoach Community Center: Meeting Room 1

Instructor: Jack Brooks

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30012	7:30-9:00pm	Tu	Oct 31-Dec 5	6c	\$40/\$50

Guitar For Adults

Always wanted to learn to play the guitar? This hands on class is a perfect way to learn the basics, from how to hold the instrument properly to learning basic chord and right hand strumming techniques. A \$6 material fee is due to the instructor on the first day of class. Guitar is required and may be rented through the instructor for \$30 for the entire session. Please call 741-5773 before first class if a guitar is needed.

Magee Park: Heritage Hall

Instructor: Jack Brooks

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30013	6:00-7:30pm	Tu	Sep 12-Oct 17	6c	\$40/\$50

Stagecoach Community Center: Meeting Room 1

Instructor: Jack Brooks

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30014	6:00-7:30pm	Tu	Oct 31-Dec 5	6c	\$40/\$50

Guitar for Teens

Is your teen interested in playing the guitar? Three simple chords will be learned and applied to many popular songs, along with finger picking and lead playing. \$6 material fee due to the instructor at the first class. Guitar is required and may be rented through the instructor for \$30 for the entire session. Please call 741-5773 before first class if a guitar is needed.

Magee Park: Heritage Hall

Instructor: Jack Brooks

Age: 13Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30015	4:30-6:00pm	Tu	Sep 12-Oct 17	6c	\$40/\$50

Stagecoach Community Center: Meeting Room 1

Instructor: Jack Brooks

Age: 13Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
30016	4:30-6:00pm	Tu	Oct 31-Dec 5	6c	\$40/\$50